## **Recreational Activities**

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria No residency requirement. Family Yes Intake Contact Email arlingtonemail@ymcadc.org **Intake Process** In-person registration Provider Refer Yes Self Refer Yes YMCA Arlington https://www.ymcadc.org/locations/ymca-arlington/ https://www.ymcadc.org/locations/ymca-arlington/ https://www.facebook.com/ymcadc https://twitter.com/ymcadc Main (703) 525-5420 3422 North 13th Street 22201 VA **United States** Monday: 6:00 am-8:00 pm Tuesday: 6:00 am-8:00 pm Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm Friday: 6:00 am-8:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 9:00 am-2:00 pm

Additional Availability Comments Office hours are 9 a.m. until 5 p.m. Facility is open from 6am until 10pm Fee Structure Call for Information

Membership Fee Payment Method(s) Private Pay Languages Spoken English

YMCA Arlington offers recreational activities and groups for ages 3 through adult. Includes swimming, martial arts, yoga, dance, kayaking, gymnastics, group exercise, self-defense class, and youth sports (offered year-round).

Bus Line: Metrobus. Subway Stop: Virginia Square.

Service Area(s) Arlington County Email member.service@ymcadc.org